



NSS UNIT

DAKSHIN KAMRUP COLLEGE, MIRZA

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REPORT OF THE INTERNATIONAL DAY OF YOGA-2022

A weeklong yoga training program was held from 15th June to 21st June- 2022 at sports complex, D.K. College, Mirza. This training program was organized by NSS Unit of the college in collaboration with IQAC. A large number of students along with Adward Steady N. Sangma, Asstt. Program officer, NSS Unit have participated in the program. Yoga trainer of 'Ramananda Yoga Kendra' and ex-student of the College Ms. Kanika Das has imparted training to the participants from 9 AM to 10 AM every day during the program. Some assistant trainers were also present to help the chief trainer every day. A health-related meeting was organized on 21st June which is the concluding day of the training as well as International Day of Yoga at 11 AM at Conference hall of the College. Mr. Rasidul Islam from the Department of Accident and Emergency of GNRC, Guwahati has delivered a talk on general health heart care giving special emphasis on health of heart as a resource person. Prizes and certificates were distributed among the winners and participants of Yoga competition which was organized as a part of the training program. Dr. Nabajyoti Das, Principal of the College, Dr. Namita Sharma, Academic In-charge of the College, Dr. Jilmil Bora, Co-Ordinator of IQAC, Ashim Ranjan Sarma, Program Officer, NSS Unit have spoken in the meeting Adward Steady N. Sangma has supervised the entire training program and hosted the meeting.

Sd/

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